

RECREATION MATTERS

**December
2017**



Programming For Adults of All Ages

City of Akron Dept of Neighborhood Assistance Recreation Bureau

Adult Division 220 South Balch Street, Akron, OH 44302

Sally Nyburg (330)375-2839 Adult Recreation Staff (330)375-2852

akronohio.gov/activeadults

facebook.com/CityOfAkronAdultRecreation

December 21 is the First Day of Winter

December 25 Christmas is observed

January 1 New Year's Day is observed

Community Centers, may close or have shortened hours on holidays.

Volunteers Needed

**FIRST NIGHT
AKRON 2018**

**DECEMBER 31, 2017
6 P.M. - MIDNIGHT**

First Night Akron is a family-friendly, alcohol-free celebration of the arts with a diverse display of music,

dance, theater and visual and interactive arts throughout Downtown Akron on New Year's Eve. Volunteers are admitted to all performances and sites before or after their shifts for free. **Volunteer with Downtown Akron Partnership by calling 330-374-7676.** Visit downtownakron.com/explore/first-night-akron for event information.



Happy Holidays!

We wish you a happy holiday season and a new year filled with wonderful surprises, loving friends and joy!

Winterfest at Lock 3

200 South Main Street

Winterfest has something for everyone with outdoor ice skating, put-put golf, a 150 foot slide and vintage O'Neil's window displays. There's also Elf Con on Dec 9, the Jingle Bell Bash on Dec 16, Breakfasts with Santa and more! Visit lock3live.com for info.



Keep All Akron Safe & Strong With Issue 4



Thank you for voting for Issue 4 this election day!

Easy E-Newsletter

Get Recreation Matters sent to your inbox every month! Just send your email address to LEllis@akronohio.gov.

You can also find it on our website, akronohio.gov/activeadults.

Remember to follow us on facebook at [Facebook.com/CityOfAkronAdultRecreation](https://www.facebook.com/CityOfAkronAdultRecreation)



Platinum Club

Dec 14 11:00AM-1:00PM

Mason Park Center, Door #3

Join us for games, jokes, Christmas arts and crafts, refreshments and fun. We look forward to seeing you there!

RSVP at least 2 days in advance at 330-375-2565.

We are sad to say goodbye to Elaine and Rosemarie but wish them well in their future endeavors. We'll miss you!



Are you a man? Do you get hungry in the morning? Then join us for great food and conversation at a Men's Breakfast near you! The Ellet Community Center has one every Wednesday for \$3; the Northwest Family Recreation Center has one every Thursday for \$5; and the Kenmore Community Center has one every Friday for \$3. All breakfasts start at 8:00AM. **Call the Centers to RSVP.**

Sr Citizens Commission

**2ND Monday Of Every Month
1:00PM-3:00PM**

Main Branch Library, 60 S High St

The Commission's goal is to make Akron a better place to live for people 60 and over. Its monthly meetings focus on different topics and are open to the public. Library deck parking tickets will be validated at the meetings.



If you know of an issue that affects the senior population, let the commission know about it by going to a meeting or sending a letter to City of Akron, Attention Active Adult Coordinator, 220 S Balch St, Akron, OH 44302.

Stay Healthy With An Adult Fitness Class Pass

Attend as many of the fitness classes on the calendar (see reverse) as you want for one low price when you buy an Adult Fitness Class Pass! You can buy one at any of the centers where classes are held or from the Adult Recreation office on Balch Street with a check or money order made payable to *City of Akron*.

Under 65: \$40 6 Month Pass & \$60 12 Month Pass

65 & Over: \$30 6 Month Pass & \$45 12 Month Pass

Adult Fitness Class Passes Include These Classes:

Adult Tap Dancing Medium Impact
Dance Fitness Focused On Tap Dance
Bring Or Rent Tap Shoes

Aqua Boot Camp Low Impact
A Full Body Workout In The Water
Class Suspended Pending Pool Repair

Boot Camp Medium Impact
Cardio With Strength & Core Training
For Individuals At All Levels

Boxing Fusion Medium Impact
High Intensity No-Contact Boxing Fusion
With Cardio, Strength & Balance Work

Cardio Rhythms Medium Impact
Fun, High Energy Dance Cardio
No Classes in December

Chair Stretch & Meditation Low
Stretching With Meditation For Strength,
Flexibility & Relaxation In A Chair

Cycling Low Impact
An Intense Indoor Cycling Workout
On A Stationary Bike

Full Body Stretch Low Impact
Total Body Stretch For Everyone

Low Impact Cardio Low Impact
A Cardio Workout Perfect For
Beginners & Seniors

Pilates Low Impact
Resistance Work To Strengthen &
Lengthen Muscles & Improve Balance,
Flexibility & Posture - Bring A Yoga Mat

Step Aerobics High Impact
A High Energy Combo Of Step, Weights
& Ab Work For Sculpting & Stamina

Stretch & Flow Medium Impact
A Flowing Combo Of Stretch & Cardio
Bring A Yoga Mat

Walk Your Way To Fitness Low
A Gentle Total Body Workout Of
Dynamic Walking, Stretching & Weights

Yoga Low Impact
Restorative Stretching and Breathing
Exercises - Bring A Yoga Mat

Zumba High Impact
Exciting & Up-Beat Dance-Fitness

Zumba For Beginners Medium
Dance-Fitness Workouts Slowed Down &
Broken Down For Beginners Plus Toning
Bring Weights

Zumba Gold Low Impact
A Slower, Lower Impact Version Of
Zumba's Up-Beat Dance-Fitness

Impact Levels indicate how much stress the activity involved puts on joints and musculoskeletal tissue. Low impact activities cause less stress, medium impact cause more and high impact the most. Remember low impact can be high intensity and a great workout.

Our instructors can help you modify movements in the high and medium impact classes to lower the stress on your body and joints. Just ask!

Adult Make It & Take It

Tuesday, December 5
At 10:00AM Or 6:00PM
Kenmore Community Center



Create a large beautiful burlap holiday bird perfect for the season. Please sign-up for only one of the two available classes. The cost is \$7 per bird, and all supplies and instruction will be provided.
Call 330-375-2812 to sign-up.

Vicki's Creative Circle

Punched Tin Ornaments ~ \$10
Dec 11 Ellet Community Center
Dec 14 Reservoir Park Center
Dec 20 Northwest Family Center



Your festive punched tin will be perfect as an ornament or package tie-on! You'll punch holes and add color as desired. All supplies are included, and you'll be able to make 2 ornaments. Allow two hours for class and bring reading glasses as needed. All classes start at 6:00PM.



Sign-up in advance with the Community Center where you'd like to take class.

More Creative Circle

Every Thursday 6:00PM-7:30PM
Reservoir Park Center



Can't get enough Creative Circle projects? Vicki's ready to meet your creative needs every Thursday at the Reservoir Park Community Center. This new art and craft class has something for everyone with painting, crochet and so much more. You won't want to miss a class! Call or check in at the Reservoir Park Community Center for more information.

Atlantic City & NYC

September 4-6, 2018
Lawton Street Community Center

Join the Ed Davis Seniors on a bus trip to Atlantic City and New York. You'll enjoy two nights at Resorts Casino Hotel, with time at the casino, two \$25 slot play credits and a \$30 meal credit. You'll also have a day trip to New York City with time for shopping, orchestra seats to a matinee Broadway show and dinner in Times Square. The double occupancy rate is \$520; single occupancy is \$620. A nonrefundable \$60 deposit is needed to secure you're spot on this trip. Monthly payments will be accepted. Payment must be made in full by August 16, 2018.



Call Bea at 330-867-4695 or Jean at 330-535-6327 to register.

8 Ball Tournament

Wed, January 17 at 8:00AM
Patterson Park Community Center

This is the 3rd Annual 8 Ball Tournament for the City's Community Centers, and it's free! Everyone's guaranteed two matches in this double elimination tournament. Trophies will be awarded for 1st, 2nd, 3rd and 4th places. Hot dogs, chili, chips, cookies and coffee will be offered to all registered players. Tournament play starts at 9:00AM sharp. Space is limited. **Call the Community Center at 330-375-2819 to register.**



Program Policy

You must register and send in your payment as instructed for all activities requiring advance payment. If it is not received before the scheduled activity, you may not be able to participate. All program fees are nonrefundable. If cancelations are made by the Recreation Bureau refunds will be issued.

¡Adiós Amigos!

Habla Espanol Nov 30 - Jan 25 At The Ellet Center

We are sad to announce that our Spanish Conversation Group has been canceled. No future Spanish groups have been scheduled.

Community Centers & Fitness Centers		
Center	Address	Phone
Ed Davis Community	730 Perkins Park Drive	330-375-2832
Ellet Community	2449 Wedgewood Drive	330-375-2809
Firestone Park Community	1480 Girard Street	330-375-2806
Joy Park Community	825 Fuller Street	330-375-2805
Kenmore Senior Community	880 Kenmore Boulevard	330-375-2812
Lawton Street Community	1225 Lawton Street	330-375-2825
Mason Park Community	700 East Exchange Street	330-375-2821
Northwest Family Community	1730 Shatto Avenue	330-375-2849
Patterson Park Community	800 Patterson Avenue	330-375-2819
Reservoir Park Community	1735 Hillside Terrace	330-375-2802
Summit Lake Community	380 West Crosier Street	330-375-2826
Balch Street Fitness Center	220 South Balch Street	330-375-2446
CitiCenter Athletic Club	146 South High Street, 4th Floor	330-375-2867

Monday

9:30AM
Low Impact Cardio
Northwest FR Center

11:00AM
Walk Your Way To Fitness
Balch St Fitness Center

11:30AM
Low Impact Cardio
Lawton St Com Center

5:00PM
Pilates
CitiCenter Athletic Club

6:30PM
Pilates
Firestone Park Com Ctr

Tuesday

5:30AM
Cycling
CitiCenter Athletic Club

9:30AM
Zumba Gold
Northwest FR Center

1:00PM
Full Body Stretch
Lawton St Com Center

5:00PM
Zumba Gold
Balch St Fitness Center

6:00PM
Boxing Fusion
Ellet Com Center

6:30PM
Step Aerobics
Balch St Fitness Center

7:15PM
Pilates
Balch St Fitness Center

Wednesday

9:30AM
Low Impact Cardio
Northwest FR Center

10:00AM
Chair Stretch & Meditation
Kenmore Com Center

11:00AM
Walk Your Way To Fitness
Balch St Fitness Center

6:00PM
Yoga
Ellet Com Center

Thursday

5:30AM
Cycling
CitiCenter Athletic Club

9:00AM
Yoga
Ellet Com Center

10:15AM
Zumba
Ellet Com Center

12:15PM
Pilates
CitiCenter Athletic Club

5:00PM
Zumba For Beginners
Ellet Com Center

6:15PM
Adult Tap Dancing
Northwest FR Center

6:30PM
Step Aerobics
Balch St Fitness Center

7:00PM
Stretch & Flow
Northwest FR Center

7:15PM
Pilates
Balch St Fitness

Friday

5:30AM
Cycling
CitiCenter Athletic Club

9:30AM
Zumba Gold
Northwest FR Center

11:00AM
Walk Your Way To Fitness
Balch St Fitness Center

Saturday

10:00AM
Boot Camp
Balch St Fitness Center

11:00AM
Full Body Stretch
Balch St Fitness Center

Other Classes

Several Community Centers have additional classes available for adults, like ballroom and line dancing and tai chi. Some classes have a cost, and some are free. Check with your center to find out more!

Winter Fitness Class Cancellation Policy

Morning fitness classes held in a Community Center will be canceled when Akron Public Schools are canceled. Classes after noon will be held unless otherwise stated on the Adult Recreation Facebook page. Fitness classes at Balch Street Fitness Center and CitiCenter Athletic Club will NOT be canceled due to bad weather regardless of the time of day. If we have or are expected to have bad weather, check school closings and [facebook.com/CityOfAkronAdultRecreation](https://www.facebook.com/CityOfAkronAdultRecreation) before going to class.